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Lourdes Gouveia is the director of UNO's Chicano-Latino Studies program.

## Grant money helps CLS expand

JOSIE LOZA  
NEWS EDITOR

UNO's Chicano-Latino Studies program received \$1 million in federal funding to aid in its expansion.

Congress has approved funding that would make it possible for the program to create a center that would study Latino and Latin American culture and demographics, said Lourdes Gouveia, CLS director.

Sen. Chuck Hagel, R-Neb., announced Feb. 13 that the program would receive a \$1 million appropriation for development of the Latino-Latin American Initiatives Program of the Great Plains.

With UNO facing more cuts in state appropriations, federal support is crucial for the program's expansion, Gouveia said. Hagel played a vital role in securing the federal funding.

Funding for the center was prompted by a request from Hagel to the Senate Appropriations Committee last summer. The committee agreed to include the program in the 2003 fiscal year Omnibus Appropriations bill.

"They did a wonderful job of maintaining our request," Gouveia said. "Not only advocating for the center but a meaningful amount."

Jonathan Benjamin-Alvarado, a CLS faculty member, was also pleased with the grant.

"A million dollars is a very good insurance policy," Benjamin-Alvarado said. "This will

certainly allow us to keep what we have and expand it."

The center would conduct research to help educators, lawmakers and others better understand Latino culture and Latin American issues.

"Increased academic study and research of Latino and Latin American issues is relevant for the State of Nebraska and the Midwest region," Hagel said in a press release. "This funding will allow the university to develop the current Chicano-Latino Studies program and enhance academic resources in Latino and Latin American history, economics and politics. UNO is the perfect location to serve the entire Great Plains community."

Improving the lives of Latinos would be a key goal of the center.

"It's going to allow the CLS program to enhance academic resources in Latino and Latin American research areas," Benjamin-Alvarado said.

CLS is carving out research agendas based on the needs of the community and the need to influence policies, Gouveia said.

The center, which still requires approval by the NU Board of Regents, would provide CLS an opportunity to create new ways to engage its students through research and internship positions with different agencies. A bachelor's degree in Latino and Latin American studies would also be offered through the center.

"We're working toward a proposal for a major, which is the academic leg of the center," Gouveia said. "It's very exciting and a very historic moment for us."

## Student Government appoints 8 new members

JOSIE LOZA  
NEWS EDITOR

A variety of positions were filled Thursday at UNO's Student Government meeting.

The Senate appointed eight new members to hold office. Nick Turner became director of Legislative and Public Relations, Dennis Einspahr recording secretary and Mark Slobotski executive treasurer. Student representatives appointed were: Antonia Davis, College of Continuing Studies; Lisa Asmussen, College of Arts and Sciences; Peter Muon, student representative for the Network for disABLED Students; and Krissy Vogel and Tin Mack, who filled graduate college seats.

The Student Government has almost filled every seat on the board. The newly elected members have to undergo training to transition smoothly into the Senate.

During the meeting Joe Bilek, student president/regent, said renovations are underway for the Milo Bail Student Center.

He said a 24-hour computer lab with a separate entrance would be built on the south side of the building. The Senate believed there was a strong demand for such a computer lab. The refurbishing of a

stairwell in the Student Center was also mentioned on the agenda.

The Student Government is planning to update its Web site so it is more accessible for the UNO community. Some of the new features the site would include minutes and resolutions, open positions, news updates, upcoming events, e-mail for senators and links to agency pages.

"We want students to voice their opinion," said Bilek, who thinks a current site would bring such an influence.

The Student Government will also set up an online student survey to determine different aspects of the student body. The Senate plans to gauge student representation on campus through surveying and interviews.

"We're trying to get an understanding of what the demographics are at UNO," Bilek said. "We want to see how the students feel about issues."

Even though the survey may seem slow in the works, Bilek said the Senate is trying to move as quickly as possible to get things done.

Bilek declared the Feb. 21 student budget forum a success. Nearly 80 people attended the event.

"I'm really happy to see it come through," he said. "It's such a relief to see everything fall into place."

## A hero comes home . . .



Navy Lt. Shane Osborn, who became famous when he landed his aircraft, which was crippled by a midair collision with a fighter jet in China last year, talks with Carol Shrader in UNO's Fireplace Lounge Friday. Osborn described his book *Born to Fly: The Heroic Story of Downed U.S. Navy Pilot Lt. Shane Osborn*, which details his experience in China, to Shrader for an upcoming edition of Shrader's show, *Consider This . . .*, which will air soon on Nebraska Public Television.

photo by Chris Machan

Inside  
this  
Issue

Student shares  
HIV testing  
experience  
page 2

NEWS

Out of this world . . .



FEATURES

page 4

Mav swimmers take  
second place in NCC

page 10

SPORTS

## InterTribal Council helps UNO student embrace the Native American culture

JOSIE LOZA  
NEWS EDITOR

Lucille Hackley, a junior at UNO, said by embracing Native American culture, she has learned more about herself.

Although Hackley said she has always felt connected with the culture, it was not until after she joined the InterTribal Student Council she felt she had strengthened her ties to Native American culture.

"I've learned more about traditional methods than what I would've learned in any classroom," she said.

The InterTribal Council promotes intertribal unity, academic support and an awareness of Native American students, culture and issues both on and off the UNO campus.

Hackley learned about the organization her first day on campus, when she spoke to the group.

Hackley said she had taken a Native American Studies course, which sparked her interest about the culture. She decided to join the group and pursue a minor in Native American Studies.

"You don't have to be Indian to join," Hackley, who is Caucasian, said. "Anyone who has a very big interest in learning the culture is welcomed."

Even though this is Hackley's first year with the group, she said she is very excited to help.

"We are working hard on the promotion of Native American culture," she said.

The council meets at noon Fridays in Room 344 of Arts and Sciences Hall.

Hackley said membership usually varies each semester.

Some of the activities the council supports include a youth mentoring program and support circles.

"Some of us are hoping to mentor some of the [Native American] students to show that they can come here to a university," she said.

In the past, the council sponsored a Native American family.

"We helped them get on their feet," she said. "The lady and her children have now moved into apartment."

The council is known for its Spring Powwow, which will be held from noon to 9 p.m. April 26 in the Sapp Fieldhouse.

Hackley said the event will be free and open to the public.

"We've been planning it for quite a while and are all really excited for it," she said. "It's a good way for others to learn about Native Americans and their culture."



photo by Danelle Petersen

Cathi Warren-Bowen and Luis Muralles participate in a meeting of UNO's InterTribal Council. The council, which has both Native American and non-Native American members, promotes intertribal unity, academic support and awareness of Native American studies, culture and issues both on and off campus.

## Student shares HIV testing experience

JOSIE LOZA  
NEWS EDITOR

Most people shy away from the idea of getting tested for HIV or any STD.

But Jill Johnstone, a UNO student has been open about her experience with the testing process in hopes of breaking down the stigma and fear people may have, she said.



photo by Justi Williamson

"If it helps people be aware of what they need to do," she said, "I'll be open about it."

Johnstone was prompted to undergo the examination after reading an advertisement for free HIV testing at UNO's Student Health Services, which is located on the first floor of the Milo Bail Student Center.

Student Jill Johnstone  
Marcia Adler, director of SHS, said the clinic has offered free HIV testing for more than two years now.

Within the past year, Adler said about 100 people have taken advantage of the testing. During the first year the test was available, Adler said only 20 students were tested.

Johnstone admitted she was nervous about the process, partly because she did not know what to expect or how long the examination would take.

"It wasn't until I got in there and did it that I found out how simple it was," she said.

Johnstone answered a few questions from a health counselor about her health and sexual activity. She was then given the option of a saliva test or to have blood withdrawn.

Adler said both tests are accurate. The only difference is the blood test could detect different strains of HIV that aren't commonly found in the United States.

The entire procedure took Johnstone about 30 minutes.

"It was really easy," she said. "The staff did a great job guiding me through the process."

Johnstone believes there are many students on campus that would like to get tested but either do not know where to go or are concerned about the privacy of their results.

SHS offers both anonymous and confidential HIV testing.

No information can be shared without the written consent of the patient. Tests are sent to the laboratory by number identification only, no name is sent.

If there were a problem with the test results, an HIV counselor would contact the student. If students are still wary of confidentiality, they could choose not to use their real names.

"I think there is an awareness that has emerged about HIV," Johnstone said. "It's just good to know your results."

SHS also offers free chlamydia and gonorrhea screening for students who are 24 years old or younger.

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## Out of this world sandwiches

REVIEW BY  
**KRIS KOHLMEIER**  
SENIOR STAFF WRITER

Planet Sub may seem like a galaxy away for those not living in west Omaha, but its submarine sandwiches are top-notch and sure to please any taste.

The restaurant is located in a flurry of strip malls around 170th and Center streets. It shares a building with a Starbucks coffee shop.

Planet Sub originally started as Yellow Sub more than 20 years ago in Lawrence, Kan. It was recently voted to have the best subs in Kansas City.

The chain is still small, with a few shops in Kansas, Missouri and Colorado. The Omaha shop opened last November.

The name Planet Sub is somewhat misleading. I assumed the shop would have an outer space theme. Instead, the name represents the company's commitment to environmentalism and recycling.

As the original name notes, the Planet Sub people like the Beatles.

The first thing I noticed upon entering was a pair of Beatles posters behind the counter. Looking around, a few more music posters graced the avocado-green walls.

The design of Planet Sub is a modern. Wood and steel are the primary materials. Colorful burnt steel accents the entrance and the tables are made of shiny, polished steel.

The restaurant has plenty of space and tables to suit its customers.

Taking a date to Planet Sub would not be such a bad idea.

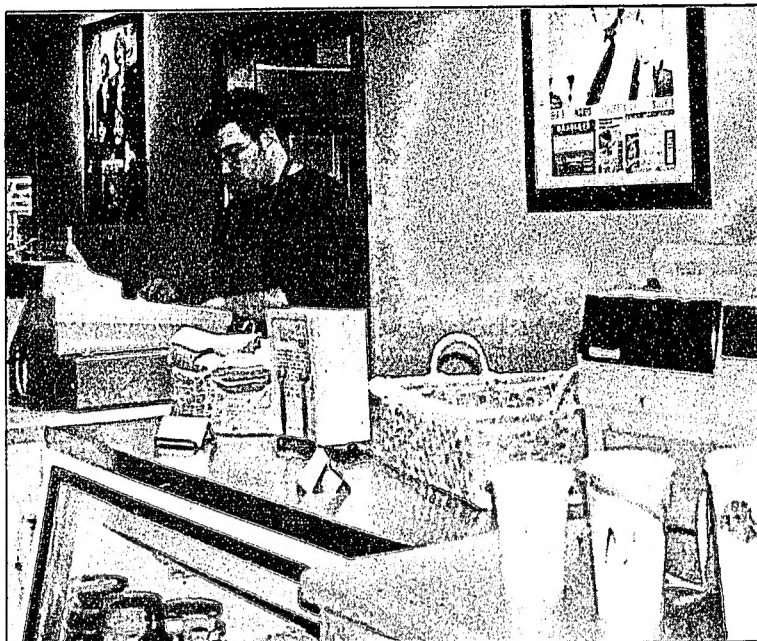


photo by Danielle Peterson

*Planet Sub, located at 170th and Center streets, is committed to environmentalism and recycling. It is part of a chain of sandwich shops that was started more than 20 years ago in Lawrence, Kan.*

Tables are not crowded together, the music is not too loud and the delicate kettle and track lighting could be viewed as romantic.

The menu is large, with 43 subs to choose from. They are separated into categories such as meat, deli, seafood and vegetarian. Nearly all of the subs are recommended to be served hot.

Each sandwich has a set structure — no need to walk through the line specifying each topping.

A takeout menu by the door gives individual prices and makes ordering process less overwhelming.

Some ingredients that make Planet Sub unique include cream cheese, avocado/guacamole and artichoke hearts.

Customers can see into the kitchen through a large picture window, where there is a large oven for baking bread.

Literature says the wheat bread is baked fresh from scratch every morning.

We ordered the Creamy Club, the Planet Combo with turkey and the Crab Californian. For combos with chips and a drink, the price is \$6.51.

see SUB, page 5

## Omaha offers a great variety of coffeehouses

REVIEWS BY  
**KIMBERLY BRYANT**  
STAFF WRITER

While it cannot replace an adequate night's sleep, a good cup of coffee is something most college students will need at one point or another.

Along with a piping-hot cup of "Joe," many find that a pleasant environment can enhance java-sipping experiences.

If looking for a new place to study or hang with friends, Omaha offers a variety of coffeehouses to choose from.

The following is a guide to some of Omaha's myriad of coffeehouses.

### Caffeine Dreams

4524 Farnam St.

932-2803

Hours: Sundays 8 a.m.-11 p.m.; Mondays-Thursdays 6:30 a.m.-11 p.m.; Fridays-Saturdays 6:30 a.m.-1 a.m.

Accepts cash, checks, Visa and MasterCard

Caffeine Dreams is a great place to hang out with friends. The menu boasts multiple flavors of espresso drinks. One example is "The Muse," espresso with steamed milk and caramel.

Caffeine Dreams also offers smoothies, Italian and French sodas, frozen mochas and various pastries and sandwiches to cure hunger pangs. On Friday and Saturday nights, Caffeine Dreams offers acoustic entertainment and various poetry slams throughout the year.

### CappuGino's Italian Coffee Bar and Cafe

5002 S. 108th St.

597-3355

Hours: Weekdays 6 a.m.-5 p.m.; Saturdays 7 a.m.-4 p.m.; Sundays 9 a.m.-2 p.m.

Accepts cash, checks and credit cards

see CUP, page 5

## Depo-Provera<sup>®</sup> Contraceptive Injection

medroxyprogesterone acetate injectable suspension

**DEPO-PROVERA** is a contraceptive injection.  
It is a hormone called medroxyprogesterone acetate (MPA).

This product is intended to prevent pregnancy. It does not protect against HIV infection (AIDS) and other sexually transmitted diseases.

### What is DEPO-PROVERA Contraceptive Injection?

DEPO-PROVERA Contraceptive Injection is a form of birth control that is given as an injection in the buttock or upper arm once every 3 months (13 weeks). It is a hormone called medroxyprogesterone acetate (MPA). DEPO-PROVERA contains medroxyprogesterone acetate, a hormone that is similar to the natural hormone progesterone, which is produced by your ovaries during the second half of your menstrual cycle. DEPO-PROVERA acts by preventing the egg cells from leaving the ovary and by thickening the cervical mucus, which prevents sperm from entering the uterus. DEPO-PROVERA also causes changes in the lining of the uterus that make it less likely for pregnancy to occur.

### How effective is DEPO-PROVERA Contraceptive Injection?

The efficacy of DEPO-PROVERA Contraceptive Injection depends on following the recommended dosage schedule exactly (see "How often do I get my shot of DEPO-PROVERA Contraceptive Injection?"). To make sure you are not pregnant when you first get DEPO-PROVERA Contraceptive Injection, your first injection must be given **ONLY** during the first 5 days of a normal menstrual period. **ONLY** within the first 5 days after childbirth if not breast-feeding, and if exclusively breast-feeding, **ONLY** in the sixth week after childbirth. It is a long-term, reversible, contraceptive when administered at 3 months (13 weeks) intervals. DEPO-PROVERA Contraceptive Injection is over 99% effective, making it one of the most reliable methods of birth control available. This means that the average annual pregnancy rate is less than one for every 100 women who use DEPO-PROVERA. The effectiveness of most contraceptive methods depends in part on how reliably each woman uses the method. The effectiveness of DEPO-PROVERA depends only on the patient returning every 3 months (13 weeks) for her next injection. Your health-care provider will help you compare DEPO-PROVERA with other contraceptive methods and give you the information you need in order to decide which contraceptive method is the right choice for you.

The following table shows the percent of women who got pregnant while using different kinds of contraceptive methods. It gives both the lowest expected rate of pregnancy (the rate expected in women who use each method exactly as it should be used) and the typical rate of pregnancy (which includes women who became pregnant because they forgot to use their birth control or because they did not follow the directions exactly).

Percent of Women Experiencing an Accidental Pregnancy in the First Year of Continuous Use		
Method	Lowest Expected	Typical
DEPO-PROVERA	0.3	0.3
Implants (Norplant)	0.2*	0.2*
Female sterilization	0.2	0.4
Male sterilization	0.1	0.15
Oral contraceptive (pill)		3
Combined	0.1	
Progestogen only	0.5	
IUD		3
Progestasert	2.0	
Copper T 380A	0.8	
Condom (without spermicide)	2	12
Diaphragm (with spermicide)	6	18
Cervical cap	6	18
Withdrawal	4	18
Periodic abstinence	1.9	20
Spermicide alone	3	21
Vaginal sponge		
used before childbirth	6	18
used after childbirth	9	28
Rhythm method	85	85

Source: Trussell et al. *Obstet Gynecol* 1990;76:558-567

\*From Norplant<sup>®</sup> package insert

### Who should not use DEPO-PROVERA Contraceptive Injection?

Not all women should use DEPO-PROVERA. You should not use DEPO-PROVERA if you have any of the following conditions:  
• if you think you might be pregnant  
• if you have any vaginal bleeding without a known reason

Birth control you think about just 4 x a year.

- if you have had or are of the breast
- if you have had a stroke
- if you have or have had heart disease (phlebitis, thrombosis, or angina)
- if you have or have had blood clots in the legs, arms, or lungs
- if you have or have had liver disease
- if you are allergic to DEPO-PROVERA (medroxyprogesterone acetate) or any of its other ingredients

### What other things should I consider before using DEPO-PROVERA Contraceptive Injection?

You will have a physical examination before your doctor prescribes DEPO-PROVERA. It is important to tell your health-care provider if you have any of the following:  
• a history of breast cancer  
• an abnormal mammogram (breast x-ray), thickened breast tissue, breast nodules or lumps, or bleeding from your nipples  
• kidney disease  
• irregular or recently menstrual periods  
• high blood pressure  
• migraine headaches  
• asthma  
• epilepsy (convulsions or seizures)  
• diabetes or a family history of diabetes  
• a history of depression  
• if you are taking any prescription or over-the-counter medications

This product is intended to prevent pregnancy. It does not protect against transmission of HIV (AIDS) and other sexually transmitted diseases such as chlamydia, genital herpes, genital warts, gonorrhea, hepatitis B, and syphilis.

### What if I want to become pregnant after using DEPO-PROVERA Contraceptive Injection?

Because DEPO-PROVERA is a long-acting birth control method, it takes some time after your last injection for its effect to wear off. Based on the results from a large study done in the United States, for women who stop using DEPO-PROVERA in order to become pregnant, it is expected that about half of those who become pregnant will do so in about 10 months after their last injection; about two thirds of those who become pregnant will do so in about 12 months; about 83% of those who become pregnant will do so in about 15 months; and about 93% of those who become pregnant will do so in about 18 months after their last injection. The length of time you use DEPO-PROVERA has no effect on how long it takes you to become pregnant after you stop using it.

### What are the risks of using DEPO-PROVERA Contraceptive Injection?

**Irregular Menstrual Bleeding**  
The side effect reported most frequently by women who use DEPO-PROVERA for contraception is a change in their normal menstrual cycle. During the first year of using DEPO-PROVERA, you might have one or more of the following changes: irregular or unpredictable bleeding or spotting, an increase or decrease in menstrual bleeding, or no bleeding at all. Unusually heavy or continuous bleeding, however, is not a usual effect of DEPO-PROVERA; and if this happens, you should see your health-care provider right away. With continued use of DEPO-PROVERA, bleeding usually decreases, and many women stop having periods completely. In clinical studies of DEPO-PROVERA, 55% of the women studied reported no menstrual bleeding (amenorrhea) after 1 year of use, and 68% of the women studied reported no menstrual bleeding after 2 years of use. The reason that your periods stop is because DEPO-PROVERA causes a resting state in your ovaries. When your ovaries do not release an egg monthly, the regular monthly growth of the lining of your uterus does not occur and, therefore, the bleeding that comes with your normal menstruation does not take place. When you stop using DEPO-PROVERA, your menstrual period will usually, in time, return to its normal cycle.

**Bone Mineral Changes**  
Use of DEPO-PROVERA may be associated with a decrease in the amount of mineral stored in your bones. This could increase your risk of developing bone fractures. The rate of bone mineral loss is greatest in the early years of DEPO-PROVERA use, but after that, it begins to resemble the normal rate of age-related bone mineral loss.

Studies of women who have used different forms of contraception found that women who used DEPO-PROVERA for contraception had no increased overall risk of developing cancer of the breast, ovary, uterus, cervix, or liver. However, women under 35 years of age whose first exposure to DEPO-PROVERA was within the previous 4 to 5 years may have a slightly increased risk of developing breast cancer similar to that seen with oral contraceptives. You should discuss this with your health-care provider.

**Unexpected Pregnancy**  
Because DEPO-PROVERA is such an effective contraceptive method, the risk of accidental pregnancy for women who get their shots regularly (every 3 months [13 weeks]) is very low. While there have been reports of an increased risk of low birth weight and neonatal infant death or other health problems in infants conceived close to the time of injection, such pregnancies are uncommon. If you think you may have become pregnant while using DEPO-PROVERA for contraception, see your health-care provider as soon as possible.

**Allergic Reactions**  
Some women using DEPO-PROVERA Contraceptive Injection have reported severe and potentially life-threatening allergic reactions known as anaphylaxis and anaphylactoid reactions. Symptoms include the sudden onset of hives or swelling and itching of the skin, breathing difficulties, and a drop in blood pressure.

### Other Risks

Women who use hormone-based contraceptives may have an increased risk of blood clots or stroke. Also, if a contraceptive method fails, there is a possibility that the fertilized egg will begin to develop outside of the uterus (ectopic pregnancy). While these events are rare, you should tell your health-care provider if you have any of the problems listed in the next section.

### What symptoms may signal problems while using DEPO-PROVERA Contraceptive Injection?

Call your health-care provider immediately if any of these problems occur following an injection of DEPO-PROVERA:  
• sharp chest pain, coughing up of blood, or sudden shortness of breath (indicating a possible clot in the lung)  
• sudden severe headache or vomiting, dizziness or fainting, problems with your eyesight or speech, weakness or numbness in an arm or leg (indicating a possible stroke)  
• severe pain or swelling in the calf (indicating a possible clot in the leg)  
• unusually heavy vaginal bleeding  
• severe pain or tenderness in the lower abdominal area  
• persistent pain, pus, or bleeding at the injection site

### What are the possible side effects of DEPO-PROVERA Contraceptive Injection?

**Weight Gain**  
You may experience a weight gain while you are using DEPO-PROVERA. About two thirds of the women who used DEPO-PROVERA in clinical trials reported a weight gain of about 5 pounds during the first year of use. You may continue to gain weight after the first year. Women in one large study who used DEPO-PROVERA for 2 years gained an average total of 8.1 pounds over those 2 years, or approximately 4 pounds per year. Women who continued for 4 years gained an average total of 13.8 pounds over those 4 years, or approximately 3.5 pounds per year. Women who continued for 6 years gained an average total of 16.5 pounds over those 6 years, or approximately 2.75 pounds per year.

### Other Side Effects

In a clinical study of over 3,900 women who used DEPO-PROVERA for up to 7 years, some women reported the following effects that may or may not have been related to their use of DEPO-PROVERA: irregular menstrual bleeding, amenorrhea, headache, nervousness, abdominal cramps, dizziness, weakness or fatigue, decreased sexual desire, leg cramps, nausea, vaginal discharge or irritation, breast swelling and tenderness, bloating, swelling of the hands or feet, backache, depression, insomnia, acne, pelvic pain, no hair growth or excessive hair loss, rash, hot flashes, and joint pain. Other problems were reported by very few of the women in the clinical trials, but some of these could be serious. These include convulsions, jaundice, urinary tract infections, allergic reactions, fainting, paralysis, osteoporosis, lack of return to fertility, deep vein thrombosis, pulmonary embolism, breast cancer, or cervical cancer. If these or any other problems occur during your use of DEPO-PROVERA, discuss them with your health-care provider.

### Should any precautions be followed during use of DEPO-PROVERA Contraceptive Injection?

#### 1. Missed Periods

During the time you are using DEPO-PROVERA for contraception, you may skip a period, or your periods may stop completely. If you have been receiving your DEPO-PROVERA injections regularly every 3 months (13 weeks), then you are probably not pregnant. However, if you think that you may be pregnant, see your health-care provider.

#### 2. Laboratory Test Interactions

If you are scheduled for any laboratory tests, tell your health-care provider that you are using DEPO-PROVERA for contraception. Certain blood tests are affected by hormones such as DEPO-PROVERA.

#### 3. Drug Interactions

Cytadren (aminoglutethimide) is an anticancer drug that may significantly decrease the effectiveness of DEPO-PROVERA if the two drugs are given during the same time.

#### 4. Nursing Mothers

Although DEPO-PROVERA can be passed to the nursing infant in the breast milk, no harmful effects have been found in these children. DEPO-PROVERA does not prevent the breasts from producing milk, so it can be used by nursing mothers. However, to minimize the amount of DEPO-PROVERA that is passed to the infant in the first weeks after birth, you should wait until 6 weeks after childbirth before you start using DEPO-PROVERA for contraception.

### How often do I get my shot of DEPO-PROVERA Contraceptive Injection?

The recommended dose of DEPO-PROVERA is 150 mg every 3 months (13 weeks) given in a single intramuscular injection in the buttock or upper arm. To make sure that you are not pregnant at the time of the first injection, it is essential that the injection be given **ONLY** during the first 5 days of a normal menstrual period. If used following the delivery of a child, the first injection of DEPO-PROVERA **MUST** be given within 5 days after childbirth if you are not breast-feeding or 6 weeks after childbirth if you are exclusively breast-feeding. If you wait longer than 3 months (13 weeks) between injections, or longer than 6 weeks after delivery, your health-care provider should determine that you are not pregnant before giving you your injection of DEPO-PROVERA.

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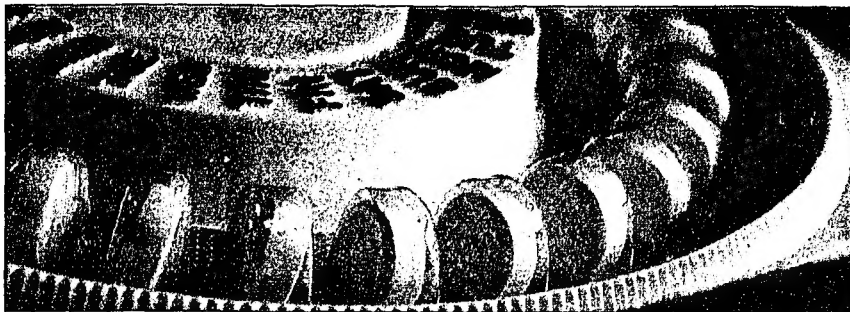


photo by Chris Machian

Early birth control pills contained large amounts of hormones that caused side effects. Today's pills have lower dosages, reducing the chance of side effects.

## New birth control methods match women's lifestyles

SARAH MEEDER  
FEATURES EDITOR

"I think women choose certain birth control methods because they match their lifestyles better," says Beverly Nolte, vice president of communications for Planned Parenthood of Omaha.

Multiple advances have been made in women's health over the past 50 years, including new forms of birth control. Today, there is a broad spectrum of options available for family planning besides "the pill" and condoms.

A birth control method millions are familiar with is the pill. What many may not know is how recently the product came onto the market.

The birth control pill did not become available until about 1973, Nolte says.

There are two forms of the pill: combination and progestin only. Combination pills usually work by preventing a woman from ovulating. Progestin pills can also prevent ovulation but typically work by thickening the cervical mucus to prevent sperm from joining with an egg.

Early forms of the birth control pill contained large amounts of hormones that made users experience uncomfortable side effects. There is still a chance for side effects with today's pills but to a lesser degree.

New "ultra low-dose" pills offer the same protection against pregnancy but contain lower dosages of hormones. The smaller amount of hormones decreases the likelihood of side effects.

Three ultra low-dose birth control pills are Cyclessa, Yasmin and Tri-Cyclen. The price of these pills ranges from \$20 to \$35 a month.

One new product on the market is the NuvaRing, a small, flexible ring that is inserted into the vagina once a month.

It releases synthetic estrogen and progestin, which protects against pregnancy. The ring works by preventing the ovaries from releasing an egg, similar to a birth control pill. The side effects are also similar to the pill's. This form of birth control does not need special fitting by a clinician.

"Not a whole lot of women are asking

for it yet since it's so new," Nolte says.

The NuvaRing costs between \$30 and \$35 per month.

Another new birth control method is Ortho Evra.

Nicknamed "the birth control patch," Ortho Evra is a thin, beige, plastic patch that sticks to the skin and releases a slow, constant dose of estrogen and progestin.

The patch stays on for three weeks and does not come off in the shower or while swimming.

"A lot of women want to try Evra," Nolte says, "They try it for a month or two and see if they want to continue using it or not."

She says that the upcoming "bikini-wearing" months may bring down the number of women using the patch.

Even though the patch works much like the pill, Nolte says it is a bit pricier. A patch can typically be purchased for \$30 to \$35.

Many have heard about the birth control injection, Depo Provera. What some may not know about is another birth control shot called Lunelle.

Unlike Depo, which is injected once every three

months, Lunelle is a monthly dose of hormones that prevents pregnancy.

One benefit of Lunelle over Depo is that the time it takes to regain the ability to reproduce is shorter. Depo costs \$30 to \$75 per shot and Lunelle costs between \$30 and \$35 per injection.

All forms of hormonal birth control protect solely against pregnancy.

"The only method of birth control that also protects against STDs and pregnancy is the condom," Nolte says.

Both male and female condoms offer protection against pregnancy and STDs. The male condom is slightly less expensive and has been proven a bit more effective.

Female condoms typically cost \$2 apiece and male condoms cost around 50 cents to 75 cents a piece.

"Every method has benefits and every method has drawbacks," Nolte says. "You have got to find the one that works best for you."

Additional information for this article was taken from [www.plannedparenthood.org](http://www.plannedparenthood.org)

### from SUB, page 4

The sandwiches, wrapped in foil, were delivered to our table.

The Creamy Club has turkey, cream cheese, bacon, sprouts, tomatoes and mayonnaise.

Several strips of bacon dominated the flavor of the sandwich, and the cream cheese made it filling. The sandwich followed the law of decreasing marginal returns, because the first bite was heavenly, but subsequent bites became less enjoyable.

The Planet Combo is a specialty sandwich featuring olive spread. The taste was a nice alternative to a combo pizza,

though the artichoke hearts kept falling out of the sandwich.

The Crab Californian was our favorite. The cream cheese mixed well with the crab, and the guacamole, sprouts and salsa gave it a light feel.

With so many subs on the menu, visitors of Planet Sub could get a different sandwich every time. There are low-calorie options and they also have tempeh, a meat substitute, available.

Soup is also available daily and salads are for sale, too. There are a few brands of bottled drinks available.

Planet Sub caters with free delivery for orders over \$50.

Hours are from 10 a.m. to 9 p.m. daily.

### from CUP, page 4

CappuGino's offers a great variety of mochas, lattes and cappuccinos. A different type of latte is offered daily.

Along with coffee, CappuGino's offers great deli sandwiches, like roasted chicken salad, and various pastries.

On a monthly basis, CappuGino's hosts an artist showcase of photographs and paintings.

One can find a warm and welcoming environment at CappuGino's,

### 13<sup>th</sup> Street Coffee Company

519 S. 13<sup>th</sup> St.

345-2883

Hours: Mondays-Thursdays 6:30 a.m.-11 p.m.; Fridays 6:30 a.m.-midnight; Saturdays 7 a.m.-midnight; Sundays 8 a.m.-11 p.m.

Accepts cash and credit cards (with a \$5 minimum purchase)

Looking for a place besides the library to study? The two-level 13<sup>th</sup> Street Coffee Company offers a quiet yet relaxing place to study.

13<sup>th</sup> Street offers different flavors of coffee on daily basis. One specialty is "The s'more latte," a latte containing chocolate, marshmallow, cinnamon, espresso and milk.

The store also offers smoothies, sandwiches and mouthwatering desserts. Weekly events include open mic nights on Tuesdays and music entertainment on Friday and Saturday nights.

### Mojo's Coffeehouse

4826 Dodge St.

553-7014

Hours: Weekdays 6:30 a.m.- 6 p.m.; Weekends 8 a.m.- 4 p.m.

Accepts cash only

Mojo's offers a casual atmosphere where one can stop during the afternoon to enjoy snacks.

Mojo's has monthly drinks (this month's drink is the Mayan mocha) and serves soup and sandwiches.

Menu items include espresso drinks, smoothies and homemade pastries such as scones. Stop in Monday afternoons to catch live guitar music.

### Stage Right Coffee and Tea Company

16<sup>th</sup> and Harney streets

346-7675

Accepts cash and credit cards (except

Discover)

Hours: Weekdays 7 a.m.-11 p.m.; Weekends 7 a.m.- midnight

Stage Right's relaxed atmosphere features four different varieties of coffees daily. Stage Right has a variety of flavored syrups that can be added to spice up coffee.

Sandwiches, cheesecakes, tortes, bagels and muffins are also on the menu. Open mic nights are held on the first and third Mondays of the month. Stage right also hosts an acoustic duo on Tuesday nights.

Art exhibits are hosted on a monthly basis.

### Delice European Bakery

1206 Howard St.

342-2276

Hours: Mondays-Thursdays 7:30 a.m.-9 p.m.; Fridays-Saturdays 7:30 a.m.-11 p.m.; Sundays 7:30 a.m.- 6 p.m.

Accepts cash, checks and credit cards (except Discover)

Delice is a great place to go on a casual date. Its quiet environment is great for conversation.

Daily specials include different coffee flavors, soups and muffins. Delice's menu offers a great variety of pastries, various espressos and specialty drinks such as "the grasshopper," a mocha with creme de menthe and whipped cream.

### Coffee Lover's Express

72<sup>nd</sup> & Farnam

streets

392-1664

Hours: Mondays-Fridays 6 a.m.-5 p.m.; Saturdays 7 a.m.- 5 p.m.; closed Sundays

Accepts cash only

Coffee Lover's Express is great for coffee drinkers on the run. It is located near the UNO campus.

Different flavors of coffee are offered daily.

Menu items include espresso candy bar drinks such as Snickers, Almond Joy, Milky Way and Heath Bar. Smoothies are also served.

The prices are inexpensive, starting at 99 cents for soft drinks and ending at \$3.50 for smoothies.

Coffee Lover's Express also serves various pastries, ranging from bagels and cookies to turnovers.



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## Undergo rough times for long-term benefits

AARON BOYD

### GUEST COLUMNIST

I understand the viewpoint of those who advocate anti-war campaigns and the significance in their meanings, but in this day and age as the phrase "casualty of war" is thrown around, the meaning of the word "casualty" seems pretty vague.

It doesn't matter what the United States chooses to do about the situation with Iraq – any action will be ridiculed and criticized.

True, there is no denying the fact – if we go to war many people will suffer tragic outcomes. Cynics will blame the justifications on oil, imperialism, or some other theory.

But I believe we the people, who are the living foundations of this country, should recognize why it is we are truly encouraging war – peace and security for all, which stems from "liberty and justice for all," the very premise of our nation. Only now that standard is being applied worldwide.

Our country's moral and constitutional beliefs need to be represented.

John F. Kennedy once said, "Ask not what your country can do for you, but what you can do for your country."

The citizens of the United States are obligated or should feel obligated to put themselves at risk. The wars of the future do not involve only people in the military. Yes, the people in the armed forces are our courageous protectors who jeopardize their lives for others and love of their country, but

civilians also have duties to fill.

Times change. Every war has new strategies, players, victims and battlefields.

With today's technologies, the battlefields are now anywhere one can fathom.

We need to accept the responsibility and threats declaring war now will surely cause retaliation where it hurts the most, the heart and soul of our nation ... its people.

Either choice we employ will result in attacks on our homeland.

It's inevitable.

A declaration of war will surely provoke attacks, but the decision to let Iraq slither through will definitely lay the groundwork for something more catastrophic.

Whether it's with Iraq, terrorist networks such as al-Qaeda, or any other form of tyranny, I will boldly support and endure emotional times, the effects of a recession and the many casualties this war is sure to ensue along with the possibility of my life coming to a tragic end from terrorism.

Let us undergo rough times for the utilitarian benefit in the long run.

My reasoning is simple; the research and programs on which countries such as Iraq and other networks are focusing are not to just attain weapons of mass destruction. They're engineering them for one reason, evil.

We're entering the new world of wars technology has created, from the complexities of where science was found in

the first place – the human mind, which in turn, derived from God, whom we say our nation is under.

In philosophy, we learn there is "no objective truth in morality."

This statement is why we need to realize the different views, motives, desires and rationales of certain leaders, dictators and networks. Agreeing on who's rational and who's not is another issue.

Unmistakably, we need to confront this situation as it is emerging and use the benefits of our country's intelligence.

Let us not be naïve but recognize the objective data produced by the sophistication of our country's technological state, which our tax dollars pay for.

With the mounting anxieties most of us share during the current economic conditions, poor job markets and personal dilemmas, we need to stop what we're doing, take a breath and acknowledge the importance of suppressing this critical situation.

We need to look outside our country's perimeter, quit taking life for granted and realize we're not invincible. We will experience the side effects one way or another, so why not act now when quantitatively, the losses (as tragic as they will be) can be well shy of disastrous?

Presently, we're in place for the prevention of what God only knows could happen if we decide to not intervene with Iraq and Saddam Hussein's hidden agendas.

We all know the prior convictions and

orchestrations of this man. Think of his capabilities and potential motives if he gains access to weapons of mass destruction.

I understand if we choose to eradicate this man, not only our country but others as well will suffer consequences.

But what if we choose to not assume responsibility for the situation?

Suppose Iraq does have a developing nuclear program and succeeds with ballistic missiles.

The world would not only suffer some casualties and hard economic times if that happened, entire cities could be lost.

The Sept. 11, 2001, terrorist attacks were horrible, but think if those were multiplied.

All of a sudden, BOOM – Washington, New York and Los Angeles are incinerated.

Why take the chance when history shows us we cannot trust this man's desires and power needs? We have every presumption Hussein will use the power of weapons abusively, toward not only the United States but many other nations.

No one knows the true rationales of Hussein.

With the tracks he has left behind, we cannot let the possibility of his obsessions become a reality. I pray nations across the world will see the true will of the United States and the prosperity we want to bestow upon everyone.

For the sake of numerous nations and millions of innocent people, let us not gamble with stakes higher than anything we've ever confronted.

## Facial tattoos – fashion accessories for psychos

I consider myself to be a pretty fashionable, fashion-conscious dresser.

If there were theme music playing every time I entered a room, the song would probably have to be "Sharp Dressed Man" by ZZ Top. That's just how in-fashion-credible I am.

This only started a few years ago.

Before then, my theme song would have been "Lonesome Loser" by The Little River Band. And before that, it would have been "Stroke" by Billy Squier.

Even though I don't wear tuxedos everywhere I go, my current theme song can only be "Sharp Dressed Man," which means I'm qualified to talk about this season's ultimate fashion accessory for psychos – the facial tattoo.

This spring's hottest trend is best exemplified by boxer Mike Tyson.

Tyson wears his tribal eye socket piece with brutal elegance as he beats on his overmatched opponent's skull and collects another fantastic paycheck.

What grace, what artistry, what an ability to accessorize – the tattoo matches his plain black trunks perfectly.

Fashion-wise, Tyson has proven that he's not just a psycho anymore, but a psycho with a large facial tattoo

### Circus maximus



Ben Coffman

who speaks incoherently most times.

And he *does* not want to fight Lennox Lewis, which might mean he's not as crazy as he seems.

Which leads me to another notorious person who's more fashionable than cool or coherent – Charles "Charlie" Manson.

Manson currently models a jailhouse forehead tattoo, a classic piece of ... er, work done during his time in the big house.

Whether he's sitting on his bunk, on the floor, in a chair or fearing for his safety in communal showers, Manson's swastika goes perfectly with his prison jumpsuit and insane raving.

He may not be a model citizen, but he could model on Milan's runways with his inked brow.

Another crazy celebrity modeling this year's ultimate fashion accessory is Pamela "Pam" Anderson.

Anderson has had her face touched up with "permanent makeup," another way of saying "I've got eyeliner and lipstick tattooed on my face cause I'm too lazy to apply regular ol' eyeliner and I absolutely *can't* be seen by *anyone* without my face paint."

Look at how stylish she is as she

announces she has hepatitis, films her crappy television show and makes out with Kid "This Is As Good As It Gets" Rock in front of her young children – all without having to reapply lipstick.

It's just a matter of time before Anderson's obsession with herself will reach a Tammy Faye-like level of insanity. Faye herself became a pioneer in the celebrity psycho facial tattoo department when she had her eyebrows tattooed on so they wouldn't rub off on her pillow.

But not all celebrities with facial tattoos are psychos—some are just kind of weird.

Case in point: Aaron Neville.

Linda Ronstadt proved it really is possible to act like you love a man with a tattoo of a sword on his left cheek while singing a duet with him.

Neville, the soulful crooner with the bulging biceps, might be best known for his great voice. But this season, he'll be known for his facial tattoo fashion sense.

What foresight he had to get tattooed at the tender age of 16. And that huge Enrique Iglesias-esque mole can't hurt his career, either.

So get online now and e-mail me to put in your vote for "best celebrity facial tattoo fashion accessory."

Feel free to choose from any of the celebrities I've mentioned or nominate your own.

And make sure you start planning your own facial tattoo – all other accessories will be so 2002.

Ben Coffman can be contacted at circusmaximus@gateway.unomaha.edu

## 'Terror alerts' ineffective way to protect nation

STAFF EDITORIAL

MICHIGAN DAILY (U. MICHIGAN)

Acting on "credible intelligence," on Feb. 7, the Homeland Security Council changed the level of terrorist threat from yellow to orange. As a result, for the last few weeks, the United States has stood at an elevated level of vigilance and people have gone about their lives with the added burden of a "high" alert.

The initial announcements about these threats came through a joint press conference, attended by Attorney General John Ashcroft and Homeland Security Secretary Tom Ridge.

Unfortunately, this press conference and others that followed seemed to be devoid of actual advice. Aside from duct tape and plastic bags, very little was addressed in terms of what the public could do.

This is not to say that alerts do nothing to increase security.

Police, military personnel and fire fighters are all alerted and mobilized so that they can help counter threats.

Police departments activated their anti-terror policies and the Air Force began to fly more air combat patrols

■ see ALERTS, page 7

THE Since 1913  
**GATEWAY**  
UNOMAHA'S student newspaper

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Letters to the editor will be selected for publication on the basis of timeliness, clarity and available space. The editor reserves the right to edit all letters for publication.

Letters must be signed using the writer's first and last names. Letters must include the writer's address and phone number for verification purposes only. Letters to the editor exceeding two typed pages will not be considered for publication.



# E-mail privacy is a right, not a privilege

ERIK BUSSA

THE LANTERN (OHIO STATE U.)

During the formation of our country, our founding fathers had some great ideas.

They decided American citizens should be able to say whatever they want without fear of being punished for their words.

They decided we should be free to practice whatever religion we favored, and they decided everyone has the right to a fair trial if accused of a crime.

More importantly, they decided every American citizen should have the right to sit on his butt every day and do nothing — the right to do as he pleases without being disturbed, pestered or interrupted from whatever it is he is doing.

This is the Fourth Amendment, and it guarantees us a right to privacy and protects us against unreasonable searches.

So, knowing every American has a right to privacy, what gives business owners, school administrators and others the right to monitor activities on our computers?

Why, for example, should e-mail not be treated the same as first-class mail?

A recent survey reported 40 percent of large companies regularly monitor their employees' e-mail, and that more than one-third of the employees are unaware this is taking place.

This is outrageous.

Employers argue anything happening on their time is their business. Computers in their offices are hooked up to their networks and their servers, so they have a right to read employees' e-mail.

Employers say monitoring e-mail prevents illegal activity, reduces unproductive time and protects them from any liability that could result from an e-mail.

I say monitoring e-mail will lower morale, increase stress and cause employees to become less motivated.

Employees should not have to leave their privacy at the front door of the office.

Another argument by employers is that they own the equipment, so they have a right to know what is going on. An employer looking for something interesting while you're not at your computer is the same as a teacher searching through children's desks looking for love letters during recess.

There should be no difference between e-mail and first-class mail. I've never seen or heard of a business employing a "mail monitor" who stands by the mailbox with a letter opener to inspect any outgoing letters, so why take the time to intercept e-mail?

Because it's faster, takes little effort and will be less likely to be stopped.

It has been deemed only public employees (city, state, or federal workers) can claim a constitutional right to privacy if their e-mail is intercepted. Private employees are out of luck.

To put it into simpler terms — if you work at the state house, you don't have to worry; your e-mail is safe. But if you work at McDonald's, the Hamburglar is only one click away from reading about how drunk you were last night.

On a broader note, Internet privacy as a whole is something that needs to be dealt with and soon.

People should not have to worry about making an online purchase and having all of their personal information ripped off by someone sitting in his mom's basement, embittered from not having a date since 1984.

We have evolved from Commodore 64s to computers that can be taught to go fetch, and despite all the advances we have made, the best and still most sacred tool is one of the first innovations — the password.

But a password is no good if you can't use it to protect your privacy everywhere.

strike at any time does nothing.

It seems logical that next time a new alert is necessary, the nation would be better served if alerts were passed down in a calm manner through departments, not with the media hoopla the government thinks will drum up support.

These movements up to the orange level, have turned out to be based on misinformation or extremely vague threats.

This runs the risk of making the public less ready to act when a real disaster occurs.

If the nation is continuously shuffled between various colors, people will eventually ignore legitimate threats.

The alert system has flaws that should be addressed.

It is not targeted at the correct segment of the nation — first responders — and it manages to scare and leave without recourse its main audience — the general public.

The status quo serves only to upset the nation and limit preparedness in the case of real attacks, while running the long-term risk of making people complacent. Boys and public officials can only cry wolf so many times.

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## Anchondo escapes from Nebraska with tour

JESSICA RIAL  
STAFF WRITER

Crank up those hearing aids and iron out those miniskirts, Anchondo is fleeing the state.

That's right. Next month, Hector Anchondo and Big G (George Keele) are taking their funk-rock and running with Anchondo's "Escape from Nebraska Tour," the band's first major tour outside the Midwest.

Hector Anchondo is anticipating nothing but the best for his band, which is in its second year.

Formed in early 2001, Anchondo has had several opportunities to capture the heart of Omaha.

The band has played countless shows and made local appearances on national tours, such as Rockfest and the Warped Tour.

"She Devil," Anchondo's first radio single off the 2001 debut album *Rookie of the Year*, became an instant regional hit and a favorite request on local radio station 89.7 The River.

In regard to the "Escape from Nebraska Tour," Keele says he is "looking forward to the benefits of touring and experiencing new energy from a new audience."

Anchondo currently has a loyal and growing fan base in Omaha, Lincoln, Chicago, Kansas City, Mo. and St. Louis, Mo.

Keele describes the fans as "die hards, the type of fans that will drive over two and a half hours just to hang out at a show."

"The fans are everything and inseparable from the music," Hector Anchondo says.

As part of next month's tour, Anchondo will be playing at the South by Southwest Music and Media Festival in Austin, Texas.

SXSW is one of the nation's largest showcases of music.

Willie Nelson and Johnny Cash are among the performers scheduled to make appearances there.

Every year, thousands of bands across the nation apply for an opportunity to play at the festival, but few receive official invitations.

After this tour, Anchondo hopes it will no longer be known as just a regional band.

The band will play in more than 15 shows in Texas, New Mexico, Arizona and California.

"We're looking forward to seeing the West Coast, traveling, meeting new people and experiencing those 'first tour' things, like sleeping in our van and picking up odd jobs for money," Keele says.

As far as future relocation plans, Hector Anchondo believes "your music can be heard all around the world, yet you can still manage your musical career from any point."

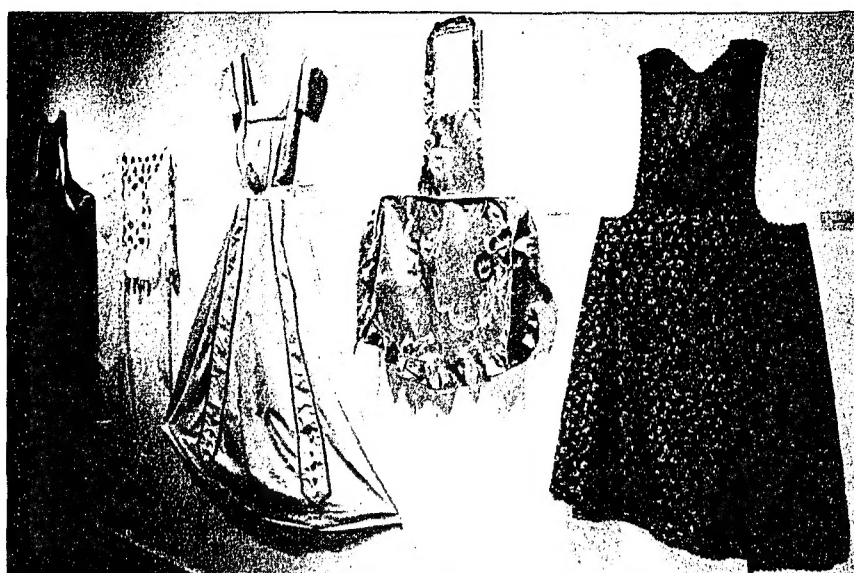
The band members love being in Omaha, where they have a dedicated fans base, can sell out almost any local venue and have sold thousands of records.

When asked whether there are any disadvantages to starting their musical careers in Omaha, the band members said no, adding that Omaha is one of the best places to start a band because of a huge amount of local support from loyal fans, 89.7 The River and [www.slamomaha.com](http://www.slamomaha.com).

Anchondo will play one more show in Omaha before it sets off. The 21 and over show will be held March 1 at the Howard Street Pub.

The band will return to Omaha in early April and is scheduled to play a "Coming Home Show" April 4 at the Ranch Bowl.

For more information about Anchondo, check out the band's Web site at [www.anchondo.net](http://www.anchondo.net).



Fifteen aprons are currently on display at the UNO Art Gallery as part of Remapping the Apron, an exhibit sponsored by UNO's women's studies program.

## Remapping the Apron

LIZ NOVACEK  
STAFF WRITER

UNO is currently hosting an art exhibit that examines women's traditional roles in society.

The exhibit coincides with the student conference "No Limits: Geographies of Women and Gender, Vast and Intimate," which is sponsored by UNO's women's studies program.

*Remapping the Apron* is an innovative theme inspired by the Mid-American Arts Alliance. The show has artists representing Iowa, Kansas, Missouri, North Dakota, South Dakota and Nebraska.

*Remapping the Apron* looks at the cliched representation and historical origins of the apron within American culture and society. It explores the multiple meanings the apron has endured.

Aprons hold various interpretations as well as historical value.

More than 20 artists submitted aprons, and the top 15 are presently on display at the UNO Art Gallery. Artists were allowed to submit a maximum of three entries. Those who were selected then underwent judging for recognition for awards.

Honorable Mentions recipient Eliska Morsel Greenspan received \$50 for her apron, "Magda's Recipes for Survival," which was done in mixed media.

Cynthia Ulrich-Sacks received \$100 for her second-place work, "A Mother's Apron," done in copper and found objects.

Lynda Andrus was awarded best of show and received \$200 for her "Prairie Bird Cage Apron" in mixed media.

The show's judge, Janet Davidson-Hues, graduated with a master's in fine arts from the University of Kansas.

She is a mixed media artist who combines words, images and objects to create paintings, installations, videos and performances through women, language and the interdependence of the two.

A former assistant professor of art at Indiana State University, Davidson-Hues has had her works included in more than 75 national exhibitions.

Alongside the artists' works were aprons loaned from regional apron collectors and enthusiasts, the UNO Department of Theater and other individuals.

The exhibit will on display through March 7.

The UNO Art Gallery is located on the first floor of the Weber Fine Art Building in Room 137. It is open Mondays and Wednesdays from 8:30 a.m.-noon and Tuesdays and Thursdays from 1-4:30 p.m. Admission is free.

In addition, Barbara Trout will give a lecture on the multiple meanings of aprons Friday, Feb. 28 at 6:30 p.m. in Room 214 of the Fine Arts Building. A reception will then follow from 7:30-9 p.m.

"The reception should be out of the ordinary and deliciously fun," says gallery director Nancy Kelly.

## Horoscopes

PREDICTIONS BY  
MADAME ZORA

**Pisces** (Feb. 19 - March 20)  
Have you caught spring fever yet?

**Aries** (March 31 - April 19)  
Hot Pockets should never be put in your pocket - at least not when heated.

**Taurus** (April 20 - May 20)  
Stay away from the shuttle buses - they are on the prowl for your soul this week.

**Gemini** (May 21 - June 21)  
Either you are levitating and everyone around you has turned into crocodiles wearing funny party hats or that was some GREAT cold medicine you just took.

**Cancer** (June 22 - July 22)  
You know, it's true what they say about dead puppies - they aren't much fun.

**Leo** (July 23 - Aug. 22)  
Jumping on a trampoline will get you no closer to God than stilts.

**Virgo** (Aug. 23 - Sept. 22)  
You've obviously been hanging around Gemini. You think you're the Crocodile Hunter. You will feel compelled to speak in an Australian accent and try to wrestle people ... er, crocodiles.

**Libra** (Sept. 23 - Oct. 23)  
If anyone asks you, the reason you beat people up is because you're crazy and think they're all crocodiles. Crikey!

**Scorpio** (Oct. 24 - Nov. 21)  
*The Smurfs* - innocent children's cartoon or communist propaganda? Discuss.

**Sagittarius** (Nov. 22 - Dec. 21)  
Don't make me turn this car around.

**Capricorn** (Dec. 22 - Jan. 19)  
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**Aquarius** (Jan. 20 - Feb. 18)  
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# Three movies you might have missed

REVIEWS BY  
MIKE MACHIAN  
ENTERTAINMENT EDITOR

If you liked movies about rapping kangaroos, stupid stunts or anything with J. Lo, this was a good year for you.

However, if you actually have taste in movies, you may have had to look pretty hard for a good film. As always, there were some out there, they just didn't play in Omaha (or had very limited runs).

The great thing is, while these movies may not have played Omaha, they are now sold in your local video store.

This means you can watch them from the comfort of your home, where I won't be in front of you saying, "This is the best part" every two minutes — unless, of course, you invite me over. Inquiries on my availability can be made in *The Gateway* office.

## Donnie Darko

*Donnie Darko* is one movie I don't even remember coming out.

Fortunately, on one of my many nights spent home alone, I was able to catch it on cable.

I only saw the last 30 minutes and was so impressed/confused I was out renting it an hour later.

I then spent the next three weeks telling everyone I know to see it.

In fact, this movie seems to be more popular on DVD and cable than it was in the theaters.

The plot of this movie is very hard to put into words, but the meat of it is that a giant bunny rabbit tells a high school kid the world is going to end and he has to stop it.

It sounds dumb when I put it that way, but nothing I will write will do it justice.

The plot can be hard to follow, so I recommend getting the DVD, as the director's commentary sheds some light on what's going on.

But don't let that scare you off, as this movie is interesting, funny, dramatic and beautifully shot. It stars Drew Barrymore, Patrick Swayze and Noah Wyle, which is pretty

amazing considering it was made for under \$5 million.

## 24 Hour Party People

It is widely known how bands like the Sex Pistols and The Clash helped launch a punk revolution we are still feeling today.

However, it is not widely known that they helped launch the new wave and rave movements, too.

All of this is explained in *24 Hour Party People*, the life story of TV personality Tony Wilson, who set up his own record label after seeing a Sex Pistols gig in Manchester, England.

Factory Records, as it was called, went on to be the home of such bands as Joy Division, New Order and the Happy Mondays.

The movie is shot like a documentary. Director Michael Winterbottom forgoes the use of tripods and has cameramen follow the characters around on foot. The documentary effect is also reinforced as Wilson, played brilliantly by Steve Coogan, talks to the camera every now and then.

In the beginning, Coogan introduces the audience to some of the film's main characters. He also points out where the people on whom the characters are based (including the real Tony Wilson) show up as extras in the movie.

I only have only two small complaints about this movie: 1) In the 20 years covered in the movie, Coogan doesn't seem to age; and 2) The movie starts to drag toward the end.

Don't let the documentary aspect scare you off. The movie is very colorful, musical and hysterical, way more interesting than

anything one would see on PBS or the Discovery Channel.

## The Rules of Attraction

This is one movie I know did make its way to Omaha. It made its way out a short time later.

Though the movie was well-promoted, it seemed the trailers were around longer than the movie was.

My humble opinion chalks that up to the bizarre decision to market this like it was part of the teen movie wave we have recently been blessed/cursed with.

*The Rules of Attraction* is in reality a very mature movie. It is filled with sex, drugs, foul language and what can only be described as adult situations.

It's no wonder, as the same person who wrote *American Psycho* wrote this movie.

Thankfully, *Rules* is not filled with murders.

Instead, it follows the lives of several college students at a prestigious university as their lives intersect.

It is similar to a teen movie in that the characters discover their character flaws while falling in love. However, unlike a teen movie, the characters don't necessarily grow nor do they get a happy ending.

The movie is also beautifully shot and uses many camera tricks to tell its story. Some people found all the camera tricks distracting, but I think it just barely avoids that.

The DVD boasts five audio commentaries by cast and crew as well as one by a special mystery guest.

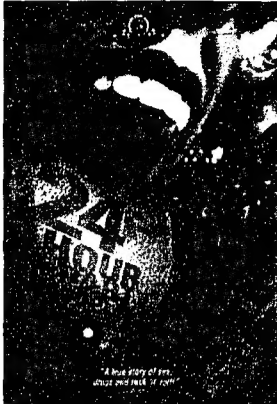
Unfortunately, the special guest is prop comic Carrot Top.

Don't ask me why, because I don't know.

He tries to be entertaining, but if you've seen those 1-800-collect commercials, you know he is just *not* funny.

Other features besides the obligatory trailers include the Sundance

Channel's Anatomy of a Scene take on *Rules*.



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- Faculty & Staff locations
- Campus phone numbers
- General information

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## Mav men drop pair, slide to sixth

PAUL FREELAND  
SENIOR STAFF WRITER

Second halves continued to haunt the UNO men's basketball team as the Mavericks lost at North Dakota State 98-87 and at home to North Central Conference leader St. Cloud State 85-68.

The two losses put the Mavs (17-8, 7-7 NCC) in sixth place in the conference.

While unlikely to miss the NCC tournament with a five-game lead on eighth-place Northern Colorado, UNO would have to play on the road in the first round at either South Dakota State or North Dakota.

Maverick Head Coach Kevin McKenna said the road ahead for his club does not get any easier.

"We have our work cut out for us, no question about that," McKenna said. "We have to play two very good teams on the road and there's not a large margin for error right now in this league."

NDSU and UNO played a close first half in Fargo, N.D., but the Bison scorched the Mavs for 60 second-half points. They shot 80 percent (20-25) from the field, including nine of 13 three-pointers.

Dan Morrow led UNO with 14 points and five rebounds. Ty Graham had 12 points and five assists and Tola Dada had 11 points and four rebounds. Denver TenBroek had a game-high 31 points on 13-18 shooting for NDSU and CoCo Cofield added 23 points.

St. Cloud State used a combination of 10 first-half turnovers by UNO and 43 percent three-point shooting to stay in the game in the opening half.



Maverick James Mills runs over St. Cloud State's Jason Kron during Saturday night's game.

PHOTO BY JOSH WILLIAMSON

Much like NDSU, the Huskies came out firing in the second half to the tune of 53 points on 66.7 percent shooting (14-21).

The win clinched at least a share of first place in the NCC for SCSU.

McKenna said poor second-half showings have become a disturbing trend for his team.

"It's been a recurring theme for us," McKenna said. "We've been giving up some very high shooting percentages. I don't know why our intensity dips, but

string some wins together," Nelson said. "We can turn things around, though. All it takes is one win and we can have our confidence back."

UNO will play its final regular season games on the road.

The Mavs will travel to South Dakota State Friday before playing at Augustana Saturday to close out the regular season.

Both games are scheduled to start at 8 p.m.

we're just not getting it done. If you combine that with how we shot the ball, it's a bad combination."

Seth Nelson led UNO with 15 points, Adam Wetzel had 14 points, six rebounds and three blocked shots and Graham added eight points and four assists. SCSU guard Alex Carlson had 23 points, seven assists and five rebounds.

Nelson, who was honored before the game along with Morrow and Wetzel as departing seniors, said the Mavs only needed one good performance to put themselves back on track.

"We have to

## Mav swimmers take second in NCC

KRISTIN ZAGURSKI  
EDITOR-IN-CHIEF

UNO's swimming and diving team came away with a second-place North Central Conference finish after a four-day event in Grand Forks, N.D.

This year was the second in a row the Mavs finished second at the NCC meet, which was held Feb. 19-22. It was also the second year in a row the University of North Dakota took first place in the NCC.

UND finished with 860 points while the Mavs finished with 701. The University of Northern Colorado (617.50), St. Cloud State (467.50), the University of South Dakota (401), Minnesota State-Mankato (358) and South Dakota State University (145), came in third through seventh, respectively.

Members of the UNO team captured nine event wins. Mavs won four relay and five individual events.

Senior Tasha Soby, junior Stacy Crook and sophomores Sarah Clark and Veronica Barna qualified for nationals in the 400-meter freestyle relay with a first-place finish time of 3:33.00.

The Mav team of Ali Petersen, Ashley Renshaw, Martina Zamenick and Barna won another 400-meter relay event. This time, it was the medley with a time of 3:53.16.

The titles for two 200-meter relay events also belong to the Mavs. Petersen, Renshaw, Katie Liebmann and Clark won the medley relay with a time of 1:47.76 and Soby, Trina Larson, Zamenick and Clark won the freestyle, in at 1:36.22.

Barna, Renshaw and Petersen all also captured individual event titles.

Barna won the 200-yard freestyle (1:54.50), Renshaw won the 100- (1:05.25) and 200-yard (2:21.57, an NCC record) breaststrokes and Petersen won the 100- and 200-yard backstrokes (57.57 and 2:03.64, respectively). Teammate Soby finished close behind Petersen in the 100-yard backstroke with a time of 58.91. Hers was among five second-place finishes earned the Mav team earned at the meet.

In all, the Mavericks earned 36 top 10 finishes in 20 events.

The women will next see action March 12-15 when they compete in the NCAA Division II National Championships, which will also be held in Grand Forks.

## Maverick wrestlers left with questions

J. PARKER ADAIR  
STAFF WRITER

All year long, UNO wrestling fans have wondered what team would show up on the mat. Would it be the team that finished second at the NCAA Championships last March, or would it be the team that lost key matches against Central Oklahoma and North Dakota State?

Wrestling fans found themselves with more questions than answers after the weekend heading into the North Central Conference tournament.

Heading into the weekend, UNO was ranked No. 3 after a redeeming defeat over the University of Nebraska at Kearney in a rematch of the National Dual finals.

Friday, the Mavs headed to Brookings, S.D., for a match against conference rival South Dakota State. The match came just five days removed from a narrow one-point victory over Northern Colorado in Greeley, Colo.

UNO got started early when No. 5 Roderick Ratcliff won a six-point decision over SDSU's Jeremy Roe at 141 pounds.

Four of the next five matches proved an awful sight to see for Mav fans.

SDSU won two major decisions and gained a forfeit at 184 in a match that would have seen No. 1 Tyler Jones against UNO's No. 4 Zach Stalder. Blu Wahle gained the only Mav win in these matches when he came up big with a major over Mark Everson at 165.

The Mavericks were down 17-6 going into the final four matches.

No. 1 Chad Wallace gained a pin over No. 5 Tim Boldt with 26 seconds remaining and top-ranked heavyweight Les Sigman fell just one point shy of a technical fall in his domination over Ben Ericks. Then a pair of seventh-ranked wrestlers pulled out majors of their own as Dan Hillario (125) and Mitch Waite (133) closed out the dual, giving the Mavs four straight match victories and scoring 18 team points. UNO won the dual 24-17.

## Split puts Mav women close to postseason

PAUL FREELAND  
SENIOR STAFF WRITER

Senior night started with a hiccup for the UNO women's basketball team, but the end result was still positive as the Mavs topped St. Cloud State 83-69 and ended a five-game losing streak.

UNO's win put the Mavericks (11-14, 4-10) into a tie with Augustana for sixth place in the North Central Conference. The top seven finishers in the nine-team conference advance to the postseason tournament and the Mavs hold a game and a half lead over SCSU, who have one game left.

Maverick Head Coach Lisa Carlsen, who sat out usual starters Sara Petersen, Lindsey Peterson and Rachel Volnek, said her team needed a shake-up to end its current form.

"Tonight wasn't about punishing the starters," Carlsen said. "We just needed a change. Maybe it showed some people that they need to elevate their game, and it got a good response, especially from Lindsey Peterson."

UNO responded to the change, pulling ahead for the entirety of the first half and taking leads as large as 17 points.

SCSU's cold shooting continued in the second half as the Huskies shot 21-70 from the field.

Peterson tied her career high with 22 points. Petersen had 20 points and Shannon Eggers had 12 points and seven assists. Tanya Hammes, the only senior of five honored before the game to start, had five points and a team-high six



UNO's Chelsie Grosbie dribbles the ball past St. Cloud State's Andrea Bennett during Saturday night's game. The Mavs topped Huskies 83-69 and ended a five-game losing streak. The win put the Mavs in a tie with Augustana for sixth place in the North Central Conference.

PHOTO BY JOSH WILLIAMSON

rebounds.

UNO dropped a 91-56 game at No. 8 North Dakota State earlier in the week. The Bison forced 33 Mav turnovers and scored 34 points off those miscues.

Hammes led UNO with 13 points, seven rebounds and three steals and Prince had eight points, five rebounds and three assists.

A regular season-ending road swing through South Dakota awaits the Mavericks. UNO travels to South Dakota State Friday before facing

Augustana Saturday.

Carlsen said her team was now in position to reach the NCC tournament for the first time, one of the Mavs' preseason goals.

"It's an opportunity to play in the postseason," Carlsen said. "That's something this team hasn't done before. Before the season, we talked about baby steps, and getting to the tournament is one of them. This win gives us an opportunity to do that."



## Golf team copes with loss of coach

CHIP OLSEN  
STAFF WRITER

No individual phone calls, no team meeting, not even an e-mail.

The job of telling the UNO women's golf team that its coach, Melissa Brooks, had just resigned fell into the lap of Katie Etter, the team captain.

"She left a message on my answering machine," Etter, a junior, said. "I had to call everybody."

Brooks resigned in early February.

Etter said she wasn't sure why Brooks quit, but said it had something to do with an argument Brooks had with someone closely affiliated with the golf program.

Etter also said she became suspicious during a recent fundraiser after Brooks said her husband, Jack, of the Jack and Fred morning show on Mix 96.1, lost his job.

Brooks was a part-time coach. She teaches full-time at Omaha North High School.

Brooks was the sole coach of the golf team, which has only been in existence for three years. She was named the North Central Conference women's coach of the year last fall after leading the Mavericks to the NCC championship.

"The whole team feels abandoned," Etter said.

That feeling of abandonment, however, is not going to impact the team's high level of play, she said.

"We won't let something like this bring us down. The coach only does so much," the team captain said. "We have a philosophy that things happen for a reason. We're going to be fine."

"Golf is not like basketball, the coach doesn't call the plays."

Etter said she thinks the ordeal will bring the team closer together. Sophomore Tanis Hastmann said she was upset when she heard Brooks had resigned.

Hastmann, a Winnipeg, Manitoba

native, won the Grand Valley Invitational, the Nebraska Wesleyan Invitational and the Dodge City Invitational last fall. She also finished in the top five of every tournament last fall and finished 25th at the Husker Invitational, the best showing for the Division II Mavericks.

"I was shocked when I heard she quit. Everyone knew about it, but I was in class when it happened," Hastmann said. "I didn't understand it and it just took me a while to understand and accept it."

Hastmann said things would fall into place once the team starts competing again.

Etter and Hastmann, along with teammates Stephanie Oster, Amanda Stock and Sandy Strate, leave for the Florida Southern Invitational Wednesday as their spring season begins.

Etter said the team is excited about getting back out and playing, especially in the warm climate of the Sunshine State.

This winter, the team practiced in the Chili Greens sport dome and in the golf lab at the Health, Physical Education and Recreation Building on campus.

The team will have a practice round Thursday; play begins Friday and continues through the weekend.

Florida Southern is the 2002 NCAA Division II national champions. 2002 was the third consecutive year the Moccasins won the national title.

The Ironwood Country Club professional staff will assist in the coaching duties for the team on an interim basis this spring.

Don Germer, Ironwood's head PGA pro, said Justin Herron, Tim Whalen and Travis Prosser will share the coaching duties.

Herron, a 1994 graduate of Omaha's Millard North High School, will be at the helm this weekend.

"It's kind of exciting," Herron said. "I've never been a coach, but we know the girls pretty well from around here."

from LEFT, page 10

Saturday's dual once again showcased the Dr. Jeckyl and Mr. Hyde that is the UNO wrestling team after an opening match win by Sigman, a South Dakota native, in a 7-3 decision over Paul Svien.

UNO seemed to be headed for another dual win when Hillario came back from a groin injury to technical fall MSM's Joey Neigum at 125 and Waite narrowly lost to No. 2 Tony Fratzke. Ratcliff won by 10 over Bryce

Babe and the Mavs seemed to be driving a steamroller through Mankato, Minn.

Mr. Hyde decided to come out to wrestle for the Mavs for the next five matches, which saw losses by major decision over Christian Alt, a pin of Dan Vech and another forfeit at 184.

UNO's 11-3 lead became a 25-15 loss.

Sunday, UNO will join MSM, SDSU and the other NCC teams for the conference championships in Fargo, N.D.



Cartoon by Wayne Stayskal

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# MBSA Activities

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<p>Tues., February 25th</p> <p>7:30 am Catholic Campus Ministry</p> <p>8 am Vc Rehab Supervisory Visits</p> <p>8 am Academic Planning Council</p> <p>8 am Chi Omega</p> <p>11 am Greek Week</p> <p>11 am Campus Crusade</p> <p>11:30 am Stephenson Interns</p> <p>11:30 am Academic Planning Council</p> <p>11:30 am "Power of the Tongue"</p> <p>12 noon Catholic Campus Ministry</p> <p>12 noon African American Organization</p> <p>4 pm Student Health Advisory Council</p> <p>4 pm Delta Epsilon Chi</p> <p>6 pm Alpha Xi Delta</p> <p>6 pm Christ on Campus</p> <p>7 pm College Democrats</p> <p>8 pm Lambda Theta Nu</p>	<p>Wed., February 26th</p> <p>8 am Vc Rehab Supervisory Visits</p> <p>8 am Chi Omega</p> <p>11 am Zeta Phi Beta</p> <p>11:30 am Muslim Student Association</p> <p>12 noon Chapter Summary Bible Study</p> <p>12 noon Emerging Leaders</p> <p>12 noon ALAS</p> <p>12 noon Quest</p> <p>12 noon Feminist Majority Leadership Alliance</p> <p>1 pm Chi Omega</p> <p>1 pm Honors Program Speaker Series</p> <p>2 pm FP&amp;W</p> <p>3 pm Strategic Planning Steering Comm.</p> <p>6 pm Delta Sigma Theta</p> <p>7 pm University Village RA Info Session</p> <p>7 pm Student Gaming Org.</p> <p>Thurs., February 27th</p> <p>8 am Vc Rehab Supervisory Visits</p> <p>8:30 am Achieving the Aim of a Diverse Society</p> <p>10 am Consider This . . .</p> <p>10:30 am PRSSA</p>	<p>11 am Judy Gorman</p> <p>11 am Student Social Work Org.</p> <p>11 am Quest</p> <p>11:30 am Golden Key</p> <p>12:30 pm ILUNO Welcome</p> <p>2:30 pm Service Learning Academy</p> <p>2:30 pm Panhellenic</p> <p>5 pm Delta Sigma Pi</p> <p>5:30 pm Yoga</p> <p>6 pm Delta Sigma Pi</p> <p>7 pm Student Government</p> <p>Fri., February 28th</p> <p>8 am Vc Rehab Supervisory Visits</p> <p>8:30 am College of Education Meeting</p> <p>8:30 am Women of Color Committee</p> <p>9:15 am NE Secretary of State</p> <p>11:30 am Teaching Large Classes</p> <p>12 noon Alcoholics Anonymous</p> <p>12 noon Interfraternity Council</p> <p>12 noon Large Class Workshop</p> <p>12 noon Student Organizations</p> <p>1:30 pm College of Education Meeting</p> <p>2 pm Judicial Board</p> <p>2 pm Public Administration Faculty Meeting</p>	<p>6 pm Beta Alpha Psi</p> <p>6:30 pm Christ on Campus</p> <p>Sat., March 1st</p> <p>7:30 am Metro Science Fair</p> <p>8 am Delta Epsilon Chi</p> <p>11 am Sigma Gamma Rho</p> <p>Sun., March 2nd</p> <p>2 pm Sigma Kappa Photos</p> <p>2 pm Zeta Tau Alpha</p> <p>2 pm Sigma Kappa</p> <p>2 pm Chi Omega</p> <p>3 pm Sigma Lambda Beta</p> <p>4 pm Theta Chi</p> <p>5 pm PRSSA</p> <p>5 pm NCNW</p> <p>5 pm Student Gaming Org.</p> <p>7 pm Pi Kappa Alpha</p> <p>Mon., March 3rd</p> <p>9 am Criminal Justice</p> <p>11:30 am CCSW Luncheon</p>	<p>12 noon A.A.</p> <p>12 noon ILUNO Lunch</p> <p>12 noon Master Success</p> <p>12 noon United Christian Ministry</p> <p>2:30 pm Goodrich Student Org.</p> <p>3 pm SABC</p> <p>4 pm Chi Omega</p> <p>8 pm Circle K</p> <p>Tues., March 4th</p> <p>8 am Showcase of Teaching</p> <p>11 am Greek Week</p> <p>11:30 am Stephenson Interns</p> <p>12 noon Catholic Campus Ministry</p> <p>12 noon African American Organization</p> <p>12 noon Library Friends Book Club</p> <p>4 pm Student Health Advisory Council</p> <p>4 pm Delta Epsilon Chi</p> <p>6 pm Alpha Xi Delta</p> <p>6 pm Christ on Campus</p> <p>7 pm College Democrats</p> <p>8 pm Lambda Theta Nu</p>
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### SERVICES

**ONLINE FILING:**  
Prepare and file your taxes yourself online @ [www.absolutetaxes.com](http://www.absolutetaxes.com) for minimal fee of \$9.95 for 1040EZ and \$14.95 for 1040. Click on Online Filing and the program will walk you through your return step by step. **FREE E-FILE!!**

**PIANO INSTRUCTION**  
Experienced, caring teacher with Master's Degree. Children & adults of all ages welcome. Donna Zebolsky 991-5774

### ROOMMATES WANTED

**ROOMMATES WANTED DUNDEE**  
Looking for clean honest responsible students to share 8-bedroom house, 4815 Capitol, in beautiful Dundee! Clothes washer & dryer, fireplace, hardwood floors, security system, central air, off street parking, \$280 per month plus utilities. No pets, no smoking, deposit & references. Call Mark @ 334-5232

**Roommates Wanted Gentleman, Leader, Athlete, Scholar**  
Rooms available in the 28 room, 11,000 sq. ft Pike mansion. Only UNO/Students of impeccable character need apply. Contact Bryan Clark at 402-677-1766 or via e-mail @ rushpike@yahoo.com

Share a furnished apt. with other roommates. All utilities, cable & phone paid. No deposit, no lease. \$75-\$110 a wk. Rent may be paid weekly, bi-monthly, or monthly. 271-1588

### FOR RENT

Nice, large 3 bed + dormer house, 2 baths, 1 car, appliances included. Available March 1st. 1534 S. 24th St. \$695/mo. 455-2709

House for rent, 815 S. 50th St. 5 bedrooms, 2 baths, new appliances, really nice, clean, ready to be rented asap. Great for college students. Call Paul 689-2211

Apartments for rent, midtown area. Remodeled, clean, quiet, controlled access, off street parking, no smoking, no pets! Free colored TV, microwave or book allowance with years lease. Rent from someone who care about you. Call for details, Sharon Paterson, Owner 721-1031

### HOUSING

**APTS., HOUSES and sleeping rms. for rent, roommate lists - call UNO off-campus Housing Referral Service at 554-2383 or stop in the Admin. Office, Milo Bail Student Center.**

**APARTMENTS AVAILABLE**  
9 Month Lease Available 417, 421-423 North 40th Street (Between Cathedral and Joslyn Castle) Large 1 and 2 Bedroom Apartments Carpet, Central Air, All appliances Off Street Parking, Security. Lease from \$375-\$495 per month Heat and Water Paid Belgrade Company Phone 393-6306 or Fax 393-4208

### CLUBS & ORGANIZATIONS

Zeta Phi Beta Sorority, Inc. presents Mardi Gras Party 2003 at Holiday Inn (72nd & Grover) Feb. 28th from 9pm-3am. 18+ w/ ID. \$5 before 11pm, \$7 after. Bring beads, boas, mask, etc.

### ANNOUNCEMENTS

**Fraternalites • Sororities Clubs • Student Groups**  
Earn \$1,000-\$2,000 this semester with a proven Campus Fundraiser 3 hour fundraising event. Our programs make fundraising easy with no risks. Fundraising dates are filling quickly, so get with the program! It works. Contact Campus Fundraiser at (888) 923-3238, or visit [www.campusfundraiser.com](http://www.campusfundraiser.com)

**Academy of Bartending**  
Day, evening or weekend classes available. Job placement assistance our #1 priority- \$199.00 tuition with student I.D. Call Now! 1800-BARTEND [www.Bartendingcollege.com](http://www.Bartendingcollege.com)

**Having a difficult time?**  
The Community Counseling Clinic in Kayser Hall 421 is free to students and low cost for everyone. Call 554-2727 for an appointment.

**NEWS TIP?**  
**CALL 554-2470**